

**Amendments to the Claims:**

This listing of claims replaces all prior versions, and listings, of claims in this application.

**Listing of Claims:**

1. (Original) A muscle development device comprising:

a hollow tight fitting band having a tube therein; and  
fastening means keeping a length of the tight fitting band in a loop having a desired size,  
the muscle development device being used to develop muscles of a limb while restricting  
the blood flow therethrough by means of applying, with said tight fitting band being rest on  
muscles of a predetermined compressed range of said limb and said tight fitting band being  
fastened with said fastening means to have a desired size, a predetermined pressure to said limb  
around which said tight fitting band is wrapped, the pressure being produced by introducing air  
to said tube,

said tight fitting band having a limiter plate therein, the limiter plate limiting the direction  
towards which said tube is allowed to inflate as said tube is filled with air, to against the muscles  
as determined with said tight fitting band being rest on the muscles,

said limiter plate being adapted to flexibly move in a curve by means of grooves provided  
in the surface thereof against said tube in a direction not parallel to the lengthwise direction of  
said tight fitting band at a predetermined distance along the length of said tight fitting band.

2. (Original) A muscle development device comprising:

a hollow tight fitting band having a tube herein; and  
fastening means keeping a length of the tight fitting band in a loop having a desired size,

the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with said tight fitting band being rest on muscles of a predetermined compressed range of said limb and said tight fitting band being fastened with said fastening means to have a desired size, a predetermined pressure to said limb around which said tight fitting band is wrapped, the pressure being produced by introducing air to said tube,

said tight fitting band having a limiter plate therein, the limiter plate being limiting the direction towards which said tube is allowed to inflate as said tube is filled with air, to against the muscles as determined with said tight fitting band being rest on the muscles,

said limiter plate being adapted to flexibly move in a curve by means of a series of segmented components joined to each other along the length of said tight fitting band.

3. (Original) The muscle development device as claimed in Claim 2, wherein said limiter plate is configured with adjacent pairs of said segmented components overlap each other at their ends like roof tiles.

4. (Original) The muscle development device as claimed in Claim 3, wherein the shape of said segmented component is a shape with two small segments connected to each other in such a manner that their ends overlap each other.

5. (Previously Presented) The muscle development device as claimed in Claim 2, wherein each of said segmented components being adapted to flexibly move in a curve by means of grooves provided in the surface of said segmented component against said tube in a direction not parallel

to the lengthwise direction of said tight fitting band at a predetermined distance along the length of said tight fitting band.

6. (New) The muscle development device as claimed in Claim 5, wherein each of said segmented components comprises a first extending portion, a second extending portion, and an overlapping portion in which the first extending portion overlaps the second extending portion, and wherein grooves are provided in a surface of the segmented component that faces the tube.

7. (New) The muscle development device as claimed in Claim 6, wherein each segmented component comprises two grooves that face the tube in each of the first extending portion and the second extending portion.

8. (New) The muscle development device as claimed in Claim 7, wherein adjacent segmented components are attached to each other by joining respective extending portions at an approximate center of each of the extending portions.

9. (New) The muscle development device as claimed in Claim 8, wherein the extending portions of adjacent segmented components are sewn to each other in a direction generally parallel to the widthwise direction of the tight fitting band.

10. (New) The muscle development device as claimed in Claim 2, wherein the segmented components abut each other such that there is no space between adjacent pairs of segmented components.

11. (New) The muscle development device as claimed in Claim 2, wherein the limiter plate is configured to flexibly move in a curve such that it flexes in two directions.

12. (New) The muscle development device as claimed in Claim 4, wherein each small segment comprises two grooves, the grooves extending in a direction not parallel to the lengthwise direction of said tight fitting band at a predetermined distance along the length of said tight fitting band.

13. (New) The muscle development device as claimed in Claim 2, wherein the limiter plate is configured to flex in a widthwise direction around a radial curvature of the tube.

14. (New) A muscle development device comprising:

a hollow tight fitting band having a tube herein; and  
fastening means keeping a length of the tight fitting band in a loop having a desired size,  
the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with said tight fitting band being rest on muscles of a predetermined compressed range of said limb and said tight fitting band being fastened with said fastening means to have a desired size, a predetermined pressure to said limb around which said tight fitting band is wrapped, the pressure being produced by introducing air to said tube,

said tight fitting band having a limiter plate therein, the limiter plate limiting the direction towards which said tube is allowed to inflate as said tube is filled with air, to against the muscles with said tight fitting band resting on the muscles,

said limiter plate being adapted to flexibly move in a curve by means of a series of segmented components joined to each other along the length of said tight fitting band,

wherein each segmented component comprises an upper segment and a lower segment, each of the upper segments having two grooves and each of the lower segments having two

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Page 6

grooves, each of the grooves being provided on surfaces of the segments that face the tube and extending in a direction not parallel to the lengthwise direction of said tight fitting band at a predetermined distance along the length of said tight fitting band.